

We Are What We EAT

Part 2 – Clinical Nutrition

Virtual Ecologist but Practicing Food Therapist

‘Dr Sultan Mahmood’

brought it for you to make a consensus that 90% of diseases can be avoided by simply the use of **RIGHT FOODS!**



Nespak House, Lahore

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Overview

◆ General nutritional concepts

- Food for thought
- Five things your doctor doesn't want you to know!
- Nutrition basics
- Metabolism
- Health fact sheet
- Nutritional myths

◆ Clinical complications and food therapy



- Cardiovascular diseases (hyper-lipidemia)
- High blood pressure (hypertension)
- Diabetes mellitus (hyperglycemia)
- Arthritis / gout (hyper-uremia)
- Cancers / Malignant tumors
- Osteoporosis (porous bones)
- Dementia (Alzheimer disease)
- Kidney stones (hyper-calcemia)
- Broken Bones (fractures)
- Depression / Tension

◆ General guidelines

Food for Thought

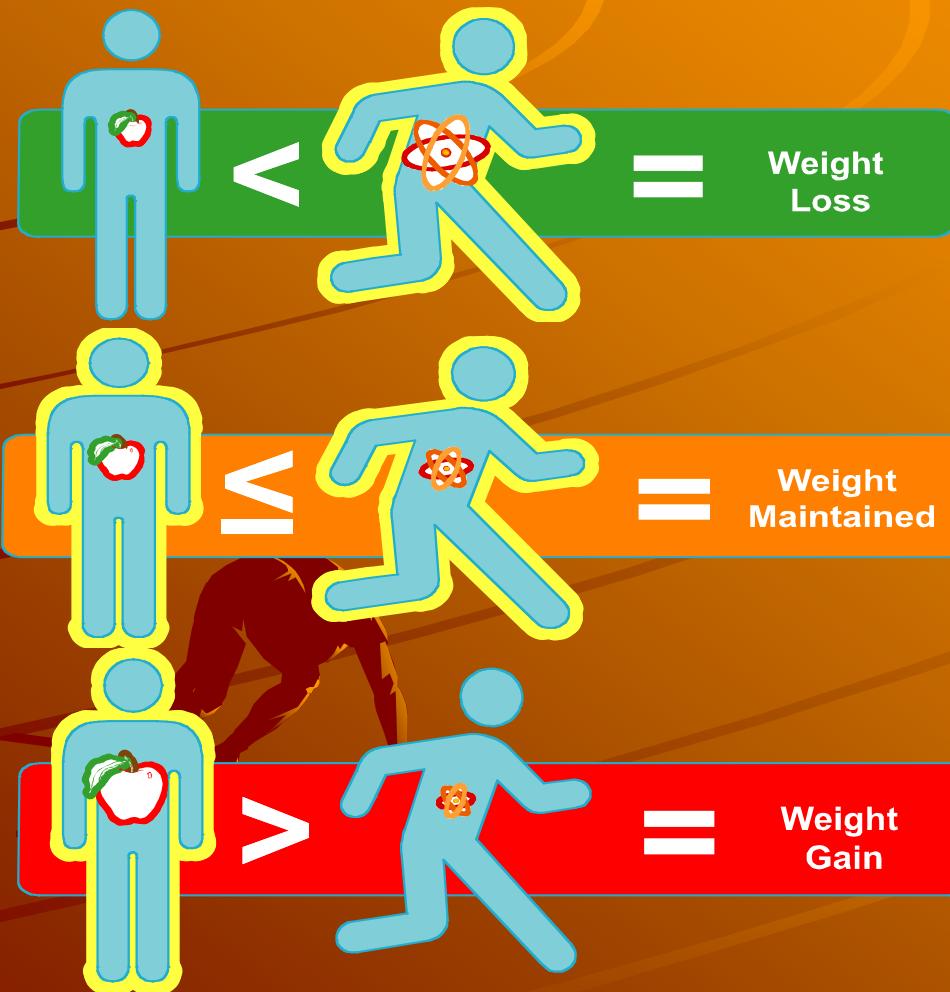
Today's Talk is for your Kids

Remember!

Food therapy least works when we grow **older** (when we are with silver in our hair, gold in our teeth, stones in our kidneys, lead in our feet and gas in our stomachs)

It best works in the childhood or Pre-natal. So today's message is for future **Mothers & the Grown-ups**

Metabolism- It's All About the Calories



Lose Weight by eating less food than your body burns

Maintain Weight by eating the same amount of food that your body burns

Gain Weight by eating more food than your body burns

Nutrition Basics



Fat and protein diet

Normal mixed diet

High-carbohydrate diet

Maximum endurance time:

57 min

114 min

167 min

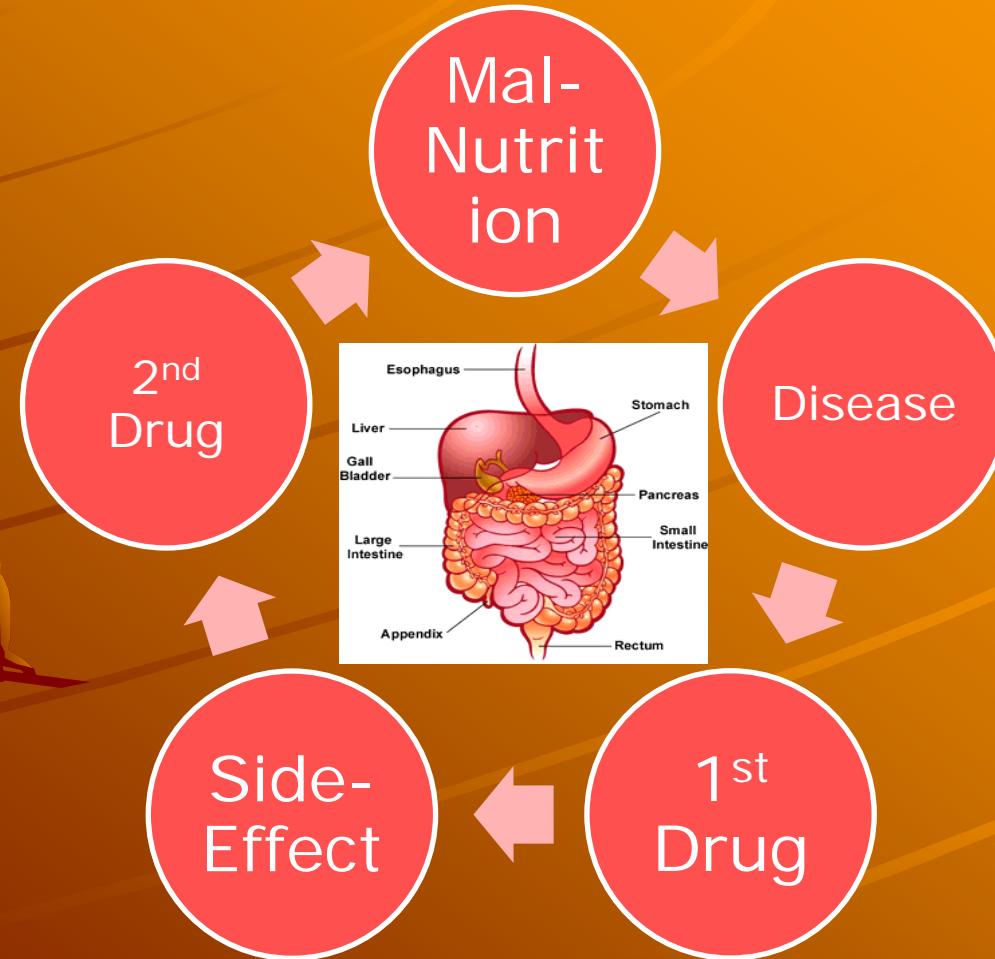
Five Secrets You Need To Know

- ◆ A full 90% of all diseases can be **prevented**.
- ◆ Your body heals itself even **without drugs**.
- ◆ Your doctor is not trained in the field of **nutrition**.
- ◆ Mostly medical tests are **unnecessary**.
- ◆ Over 50% of all diagnosis are **dead wrong**.



Vicious Circle

Disease – Drug – Side Effect (disease)



Health Fact Sheet

All drugs are **toxic**!

Malnutrition is
the only menace to
diseases

Immune system
stands between
you and contagious
diseases



Nutritional Myths

- ◆ Potato, rice & cauliflower are not good?
- ◆ You should not eat after 8 pm?
- ◆ Health foods are better for you?
- ◆ A low carbo diet is the best?
- ◆ You need to drink 8-glass water daily?
- ◆ Fresh foods are always healthy?
- ◆ Cut sugar, salt and fat?
- ◆ Take vitamin supplements daily?
- ◆ Honey, milk & greens are always good?
- ◆ Dieting shapes your body?

Clinical Problems & Food Therapy

1. Cardiovascular Diseases (hyper-lipidemia)

Do

Do Not



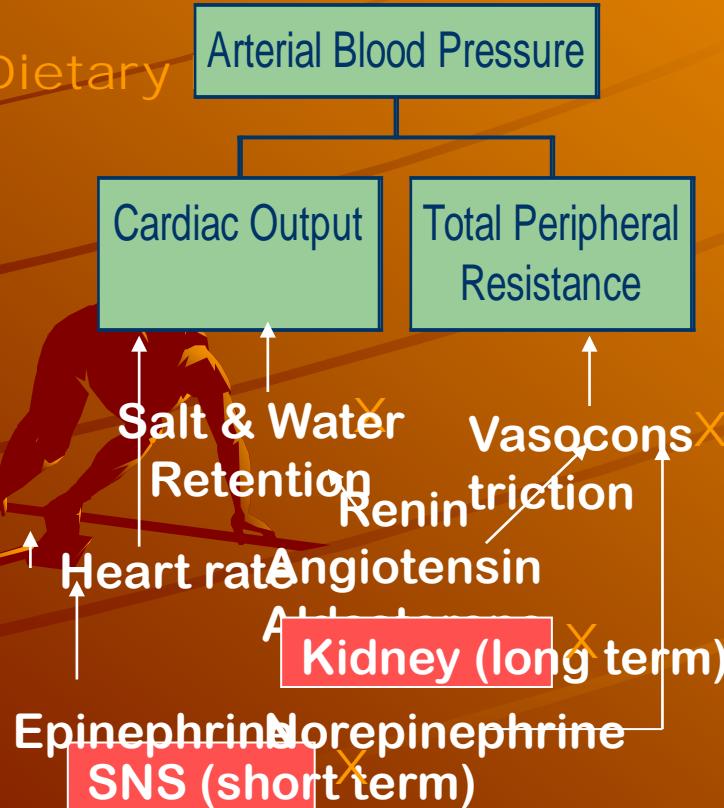
Clinical Problems & Food Therapy

2. High blood pressure (hypertension)

Do

Do Not

X=Dietary



Clinical Problems & Food Therapy

3. Diabetes mellitus (hyperglycemia)

Do

Do Not



Clinical Problems & Food Therapy

4. Arthritis/Gout (hyper-uremia)

Do

Do Not



Clinical Problems & Food Therapy

5. Cancers

Do

Do Not



Clinical Problems & Food Therapy

6. Osteoporosis

Do

Do Not

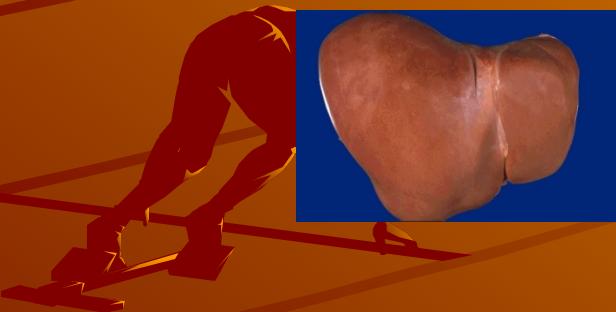


Clinical Problems & Food Therapy

7. Dementia (Alzheimer)

Do

Do Not

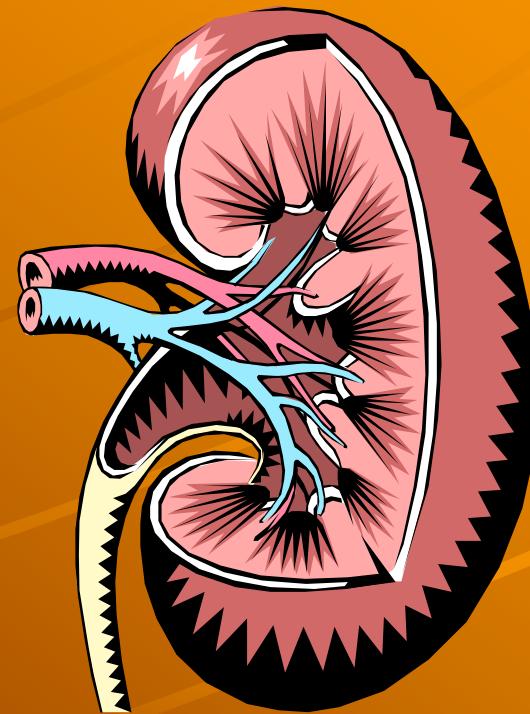


Clinical Problems & Food Therapy

8. Kidney Stones (Renal calculi)

Do

Do Not



Clinical Problems & Food Therapy

9. Broken Bones

Do

Do Not



Clinical Problems & Food Therapy

10. Depression & Tension

Do

Do Not



General Guidelines Once You Grow 35

•Get adequate water, nutrients and energy according to age and activity

1



•Take a daily multi-vitamin supplement

2



•Limit caffeine, sweet, salt, fat & fast foods

3



•Convert lunch into a snack

4



•Do not do
• Overeating
• Dieting
• Diet foods
• Eating out
• Angry eating

5



•Limit oxidation of your body (oxidative agents are smoking, stress and illness)

6



•Sleep 7.5 hours daily in a single spell

7



•Have a brisk walk minimum 150 min/week

8



•Take warm bath daily irrespective of weather

9



•Divert tension (better to give rather to take)

10



•Have a child in late 40s

11



•Help others, meditate daily & justify job

12



Questions???

&

Thanks



*Take Care Your
next Generation!*